Prevention and control: In order to prevent malnutrition, it is important to follow a healthy and balanced diet that contains the nutrients needed by the human body.2 – Providing food that Is low in calories and rich In nutrients?because excessive calorie intake leads to obesity, which causes many diseases, for example, you can replace whole milk with skimmed milk, and eat Lean meat.6 – Relying on vegetables, especially green leafy vegetables and fresh fruits, In a large way In food, as they provide the elderly with many benefits, including iron, mineral salts, vitamins and antioxidants.*The group provides additional ingredients: zinc, vitamin B–12 found in animal foods, fiber – in legumes, omega–3 – in fish.*It is recommended to consume from this group food rich In unsaturated fats of all kinds, such as vegetable oils, compared to foods rich in saturated fats that come from animal sources (such as butter).4 – Pay attention to foods rich in calcium, which are found In dairy products and take care of those that contain vitamin D. 5 – Providing protein–containing foods.–Fruits and vegetables : contain carbohydrates (sugars), water, fiber, vitamins and minerals.*Cereals are foods that contain mainly starch (carbohydrates) and a certain amount of protein.10 – Completely stay away from canned and processed foods and hydrogenated and saturated oils and fats.Here are the details as follows: –Get the necessary nutrients In order to follow a healthy and balanced diet, it Is important to focus on eating different nutrients, which are as follows: –Eat at least five servings of fruits and vegetables daily.–Focusing on including starchy dietary fibers in the basic meals, such as: potatoes, bread, and pasta.* Most foods In this group also contain fiber (especially when eaten as whole grains), vitamins and minerals.For example – vegetables and fruits rich in vitamin C: tomatoes, kiwi ?strawberries.* Vegetables contain less sugar and calories compared to fruits, so it is recommended to maintain a ratio of 2/3 vegetables and 1/3 fruits.